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## MESSAGE FROM OUR EXECUTIVE OFFICER

Some more good news.....it just keeps on getting better!!!

We have been very fortunate to be able to engage the services of Karen Ware for one day a week to help develop a data base of evidence around Chronic Disease. Karen has an allied health background as a dietitian and has been farming and rearing a family for a number of years before venturing back into the workforce through PCP. Karen's skills in research and interpretation of evidence will enable us to better understand the specific

Karen and yours truly posing on the staff planning day



needs of this catchment—both in demographic terms and in mapping what services are currently available.

Karen will be contacting member agencies over the next few months to discuss initial mapping of diabetes services across the catchment. This information, added to the Self Management Mapping process and the Service Coordination Snapshot survey, will all build a good picture for the Chronic Disease Planning Day in May (date to be announced soon).

The diary for the year is filling up, so please make sure you have these dates marked and that a suitable representative of your agency is able to come and contribute!!!

- April 18th : Whole Planning Day facilitated by Andrew Hollo
- April 30th : Whole Day Professional Development on Social Inclusion with Mark Riches .
- May 12th : ( Horsham) or May 13th ( Ballarat) Regional PCP capacity building days organised by DHS.

PLEASE ALSO NOTE THAT CHANTAL'S WEDDING DAY IS APRIL 5th.

We need to congratulate two whole communities as well. The "Level Playing Fields" project funded through the Disability arm of DHS is part of a new direction for disability services, and the aim of this specific project is to support people who are currently clients of day programs in Stawell and Ararat to now access community based recreation options. So far (over six months into the project), the goodwill of sporting and recreational clubs has been overwhelmingly positive. People with disabilities have been welcomed into clubs which have previously not had any experience with inclusion of people with disabilities. Congratulations to participating agencies Stawell Intertwine, Mc Gregor House and Ararat Day Programs on the way in which they have also embraced and supported the processes of making sure the project works and nurtures sustained changed practice. Finally congratulations to Project Officer Laura Waters who was a new graduate, new to Ararat and new to the PCP. Her enthusiasm and determination have been keys in the success of the project so far.

Michele Corcoran (Admin Assistant who compiles the newsletter) has been receiving some good feedback about the value of this newsletter. Please make sure you let us know what you do find useful and - or use us to communicate what good things your agencies are doing.

I've added a little story to this newsletter—feedback about whether this could be a regular column.

Cheers Kate

## PCP MEETING DATES FOR YOUR DIARY

### Service Coordination Meeting

Date: Wednesday 19<sup>th</sup> March, 2008  
Time: 10.30am - 12 noon  
Venue: Ararat Visitors Information Centre  
RSVP: Kate Astbury

### GPPCP Executive Meeting

Date: Thursday 20<sup>th</sup> March, 2008  
Time: 9.30am - 11.30am  
Venue: Grampians Community Health Centre, Ararat  
RSVP: Michele Corcoran

### Healthy Eating Working Group Meeting

Date: Monday 31<sup>st</sup> March, 2008  
Time: 10.30am - 11.30am  
Venue: East Grampians Health Service  
RSVP: Chantal Price  
\*\*\* All staff contact details are listed at the top of this newsletter \*\*\*

## CONGRATULATIONS

To Geoff Bird, participant in the Level Playing Fields project. Geoff is learning to play the bass drum with the Stawell Brass Band.



## CELEBRATION OF SEASONAL PRODUCE

### Roasted red capsicum muffins

Makes 12

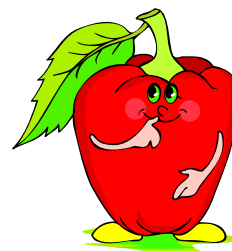


#### Ingredients:

- 2 red capsicums, deseeded and cut in half
- 1 cup white plain flour
- 1 cup wholemeal plain flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon sugar
- 50 g reduced-fat polyunsaturated margarine, melted
- 2 eggs
- 1 cup reduced-fat milk

#### Method:

1. Place capsicums skin side up on an oven tray and grill until skins are blistered and golden. Remove from oven, cool and remove skins. Cut flesh into thin strips.
2. Sift flour, baking powder and salt into a bowl. Stir in sugar. Make a well in the centre of the dry ingredients.
3. Melt margarine. Lightly beat eggs and milk together.
4. Mix margarine, egg mixture and capsicum into dry ingredients until just combined.
5. Lightly spray muffin trays with cooking spray. Fill two-thirds of the muffin trays with the mixture.
6. Bake at 190°C for 15 minutes, or until muffins spring back when lightly touched.



GOOD WORK IN INTERGRATING  
HEALTH PROMOTION &  
PROFESSIONAL DEVELOPMENT  
OPPORTUNITIES IN HP



**HAVE YOU NOTICED** that many of your clients have a musculoskeletal condition, such as arthritis or osteoporosis?

**ARE YOU AWARE** of the benefits of exercise for these types of conditions?

**DO YOU KNOW** how to run safe and effective exercise classes for people with arthritis?



Arthritis Victoria, a Registered Training Organisation, is holding a Warm Water and Chair-based Exercise Leader Training Course in Horsham from **Tuesday to Thursday 6 - 8 May 2008**.

This 3 day course is ideal for allied health assistants, fitness instructors and activity/recreation officers working in rehabilitation or aged care facilities, to increase their knowledge of arthritis and how to lead gentle exercise classes.

The course is conducted by registered physiotherapists and is accredited by Kinect Australia (formerly VICFIT).

If you have staff or volunteers who would be interested in attending this course in Horsham, please contact Sandra Barry, Organisational Support Coordinator, on (03) 8531 8008 or email [sandra@arthritistic.org.au](mailto:sandra@arthritistic.org.au). Further information can also be found at [www.arthritistic.org.au](http://www.arthritistic.org.au)



**Strengthening Partnerships**

**Primary Care Partnerships (PCPs)**

**Statewide Partnership Development Program**

**Strengthening Partnership Workshops**

With partnership approaches increasing world wide in all sectors, it is a great time to deepen our capacity and skills in this area to help us make an even better contribution to our communities. The Department of Human Services has engaged Click Consulting Pty Ltd to design and deliver a program that aims to assist in strengthening the partnerships essential to improving health outcomes across Victoria.

Leadership teams, including PCP member agency leaders, will have the opportunity to progress in depth conversations about the need for and art of establishing effective partnerships and the capacity to manage competing demands by working together.

**Topics include:**

- Creating the environment for getting things done together
- Establishing genuine shared purpose
- Simple choice points for making alliances/partnerships work
- Managing changes in a multi-organisation environment
- Balancing short term and long term objectives and other similar tensions
- Managing political/bureaucratic realities
- Bringing new partners into existing partnerships

**WORKSHOP DETAILS**

**When:** 12<sup>th</sup> May 2008  
**Where:** Horsham Golf Club, 304 Golf Course Road, Haven (via Horsham)  
[www.horshamgolfclub.com](http://www.horshamgolfclub.com)

**Time:** 9.30am to 4.30pm

**OR:**

**When:** 13<sup>th</sup> May 2008  
**Where:** McCallum Disability Services, 29 Learmonth St, Alfredton, Ballarat  
[www.mccallumds.org.au](http://www.mccallumds.org.au)

**Time:** 9.30 am to 4.30 pm

**RSVPs to John Koopmans at**  
[john.koopmans@dhs.vic.gov.au](mailto:john.koopmans@dhs.vic.gov.au) or phone  
**5333 6020 by Friday, 2 May 2008**





## Gender analysis in health and human services

As part of the release of the *Gender and Diversity Lens* as a major initiative of the *Victorian Women's Health and Wellbeing Strategy*, this practical workshop aims to understand the gendered patterns of behaviour which affect the health and wellbeing of women and men. It will assist participants consider gender implications through an organisation's planning cycle and will provide practical resources, a local snapshot of gendered health and human services issues, good practice and case studies to assess current initiatives and plan sustainable responses.

### DETAILS

**Time:** 9.30am-4.00pm (all venues)

#### Tuesday 22 April 08

Drum Theatre, Dandenong Town Hall, Rehearsal Room  
226 Lonsdale St Dandenong (cnr Walker & Lonsdale St)

#### Tuesday 6 May 08

Quality Inn Latrobe Convention Centre,  
Conference Room 2  
5601 Princes Highway Traralgon

#### Thursday 15 May 08

Royal Australasian College of Surgeons Gardens,  
Training Room Level 2,  
240 Spring St (cnr Lonsdale St), Melbourne

#### Wednesday 4 June 08

Geelong Conference Centre, Acacia Room  
Adams Crt, Eastern Park, East Geelong

#### Thursday 26 June 08

The Foundry Hotel Complex, The Platinum Room  
366 High St Bendigo

**Cost:** FREE— Limited to 40 Places per workshop

**Bookings:** Amanda De Zoysa  
[amanda.dezoysa@dhs.vic.gov.au](mailto:amanda.dezoysa@dhs.vic.gov.au)

**Enquiries:** Meg Gulbin: (03) 9096 8611  
[meg.gulbin@dhs.vic.gov.au](mailto:meg.gulbin@dhs.vic.gov.au)  
Petra Beggell: (03) 9662 3755  
[petra.beggell@whv.org.au](mailto:petra.beggell@whv.org.au)



## Ararat Operation Safe Plate

**When:** Saturday 15<sup>th</sup> March 2008  
**Where:** Queen Street, Ararat (Entrance via Barkly Street)

**Time:** 10.00am - 1.00pm

**Cost:** Gold Coin Donation

This Crime Prevention Initiative is being run by the Ararat Neighbourhood Watch. All participants will receive a 10% discount voucher for all automotive products at Ararat Auto Pro (excluding sale items).

## Willaura Operation Safe Plate

**When :** Friday 21<sup>st</sup> March 2008 (Good Friday)  
**Where:** Willaura Recreational Reserve  
(In conjunction with the Willaura Good Friday Appeal)

**Time:** 11.00am - 2.00pm

**Cost:** Gold Coin Donation

This Crime Prevention Initiative is being run by the Willaura Neighbourhood Watch. All participants will receive a 10% discount voucher for all automotive products at Ararat Auto Pro (excluding sale items).



## VicHealth Mental Health Promotion for CEOs & Senior Management

### Promoting Mental Health And Wellbeing

Monday 17<sup>th</sup> March  
9.00am—1.30pm

Lunch included at the end of the session  
Ballarat Learning Exchange  
36 Camp St, Ballarat

CEOs and Senior Managers from a broad range of sectors including health, housing, justice, arts, sport, education and community are invited to a short course on Promoting Health and Wellbeing.

The session has been developed to provide participants an understanding of the contribution that organizations and the community make to the agenda of Promoting Mental Health and Wellbeing.

Inquiries and registration contact: Cassie Nicholls  
Phone: 03 9667 1317 [cnicholls@vichealth.vic.gov.au](mailto:cnicholls@vichealth.vic.gov.au)





## Community Kitchen Forum

A community kitchen is a group of people who gather to socialise and cook delicious, affordable and nutritious meals. Community kitchens operate across the world as an innovative approach to promote healthy eating, development personal skills and social support networks within the local community.

Visit <http://www.communitykitchens.org.au/> for more information on Community Kitchens.

### Who should attend:

Local government, schools, church groups, health organisations and agencies, community groups, sports clubs, businesses, social clubs anyone who would like to be involved!

**When:** 8th April 2008

**Where:** East Grampians Health Service  
Pyrenees House

**Time:** 9:30am - 11:30am

**RSVP:** Rachael Cooper by 2nd April 2008  
*Morning tea provided*

Phone: 5352 9327

Email: [rcoper@eghs.net.au](mailto:rcoper@eghs.net.au)



### Primary Health Bulletin 13 March 2008

This Weekly Bulletin aims to disseminate information in a timely fashion that is relevant to the development of primary health across the State. This includes information about developments in the Primary Health Branch.

The latest edition of the Primary Health Weekly Bulletin is now available at [www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/index](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/index)



## A to B with portable pedals

The Central highlands Sports Assembly (CHSA) is now the proud owner of two folding bicycles. The new fleet vehicles are aimed at promoting cycling as a legitimate form of transport.

Many meetings the assembly's staff attended in Ballarat were within two kilometers of their office. The short distances involved meant that not only are walking and cycling competitive time wise but they could also improve the health of staff by contributing to the recommended 30 minutes of moderate physical activity per day. The obvious environmental spin off's were also seen as a bonus. Trips to other centres within the central highlands region such as Beaufort, Ararat and those taken to Melbourne could also be taken by combining cycling with public transport.

Any organizations considering the purchase of fleet bicycles are invited to discuss the idea with the CHSA staff as they monitor their own project. Resources on the topic can also be downloaded from the Bicycle Victoria and Cycling Promotion Fund's web-sites.



## Health Promotion Short Course

The Monash University Short Course in Health Promotion is provided to meet the growing demand for health promotion in workplaces, communities and organisations. You will learn about health promotion concepts, frameworks and core skills to increase the success of your health promotion practices and strategies, and have opportunities to network and share experiences with people with similar interests.

### Who should attend

The course is open to any person involved, or wanting to be involved, in health promotion and working in a range of fields, including: health, arts, education, justice, sport and recreation, government, not-for-profit and corporate sectors.

**When:** Mon 16 June - Fri 20 June, 2008

**Where:** Monash University Conference Centre  
Level 7, 30 Collins Street, Melbourne

**Time:** 9.00am - 5.00pm

**Cost:** Registration \$995.00

For further enquiries or to register contact:

Belinda O'Shea

Telephone: 03 9904 4336

Email: [belinda.o'shea@med.monash.edu.au](mailto:belinda.o'shea@med.monash.edu.au)



### A Little Story about different ways of viewing things

#### "THE CELLIST OF SARAJEVO"

Vedran Smailović, a Cellist from the Sarajevo Philharmonic Orchestra made world wide news in 1992 when he played on his cello for 22 days to honour 22 people who had been killed in Sarajevo while queuing for bread.

Each day at 4pm, the time the bomb hit, he took his cello down into the square and sat in the crater and played [Adagio in G Minor](#) seemingly unaware of the snipers in the hills around him and ongoing shelling.

The siege of Sarajevo lasted four years and more than 12,000 people were killed and 50,000 wounded.

When a reporter asked him if he did not think it was a bit crazy playing the cello whilst Sarajevo was being bombed, Smailovic calmly replied " Don't you think it is a little crazy that people are bombing whilst Smailovic plays the cello?"

This rare act of courage and respect has inspired author Steven Galloway to write a book based around the cellist. The book has just been released.



## PROFESSIONAL DEVELOPMENT

### ARARAT NEIGHBOURHOOD HOUSE

#### Expression of Interest in Night Computer Class

#### Computing—Just for YOU!

We are currently seeking expressions of interest in a Night Computer Class. Classes would be tailored to suit your personal computing needs. Classes would meet the needs of the absolute beginner or can be geared to include tasks for the more advanced student. Computing Just for You! Includes word processing, database and spreadsheets. If you are interested in this course please fill in the expression of interest below and return to:  
Ararat Neighbourhood House,  
56 Campbell Street Ararat,  
PO Box 49, Ararat, Vic 3377,  
or phone: 5352 1551.

Yes I would be interested in attending the night class for Computing Just for YOU!

Name: .....

Address: .....

Phone number: (Home).....

(Mobile).....



#### New Melbourne Courses Commencing Saturday April 5, 2008

#### Certificate IV TAA40104 Training & Assessment

This full course covers the units of competency you require to become a qualified trainer.

The facilitated workshops are based on the training that provides you with the learning experience in a time and pace that supports understanding of the required units of competency.

On successful completion of this course you will be qualified as a trainer and assessor for employment or promotion in your chosen industry throughout Australia

For further information or to enrol call 9418 7401 or <http://www.training.infochange.net.au>



## FUNDING OPPORTUNITIES

### Positive Body Image Grants

The Office for Youth has recently opened the next round of Positive Body Image grants. The Grants provide Victorian Government funding to community-based activities that promote positive body image messages, healthy lifestyle choices and build self esteem to support young people within their communities.

Applications close **Friday 18 April**.

More information can be found through the Office for Youth's website [www.youth.vic.gov.au](http://www.youth.vic.gov.au)



### Besen Family Foundation Grants

This grant will provide support to public institutions, families, local communities and people who are disadvantaged. They will provide a maximum of \$10,000 n

**Closes:** 4th of April 2008

Grants will take the form of local project grants, awards, scholarships, research grants and capital appeals.

For more information about this grant please go to <http://www.besenfoundation.org.au/> or contact at [besenfoundation@sussan.com.au](mailto:besenfoundation@sussan.com.au) or call on (03) 8379 1149



### VAYSAR Sport and Recreation Grant

This grant is creating opportunities for aboriginal and torres strait islander people to participate in all levels of sport and Recreation.

This grant is available ongoing and will provide funds up to \$2,000.

For more information visit:

[http://www.vaysar.com/aysar\\_sportsgrants.html#](http://www.vaysar.com/aysar_sportsgrants.html#) or email them [vaysr@bigpond.com](mailto:vaysr@bigpond.com) or call on (03) 9484 5351.



## JOBS IN THE REGION



### DROUGHT COORDINATOR

Pyrenees Shire Council has a vacancy for a Drought Coordinator to provide communication and coordination of drought assistance at a local level.

The position reports directly to the Economic Development Manager and will work out of Council's Offices at Beaufort and Avoca.

The position is funded through the State Government and is limited tenure position for 18 months.

For position description contact:

Mr. Greg Lofts at [greg.lofts@pyrenees.vic.gov.au](mailto:greg.lofts@pyrenees.vic.gov.au)

Or phone 03 5349 1116

Applications close **Wednesday 25<sup>th</sup> March 2008**

## THINGS TO DO TO GET ACTIVE

**BRAMBUK**  
The National Park  
& Cultural Centre

# Ying Elang

THE 4th ANNUAL  
INDIGENOUS MUSIC & SPORTING FESTIVAL

EASTER SUNDAY, 23RD MARCH 2008

WHERE: Brambuk Cultural Centre, Halls Gap, Gariwerd (The Grampians)

FROM: 12pm - 6pm

For the third year running we are holding the Traditional Foot Race of backward running.  
To be held over 50 metres

U/ 5 yrs Mixed U/ 10yrs Mixed  
U/ 15 Boys U/ 15 Girls

Open Men & Woman  
Register on the Day!

**ROBERT WORDIE-LOWE GIFT**  
\$500 CASH WINNER  
PRIZES AND GIVEAWAYS FOR ALL EVENTS.

Music All day long by renowned Artists include

AUSTRALIA'S GOT TALENT - HERB PATTEN PLAYING THE GUM LEAF  
Peter Rotumah | Johnny Lovett | Jimba and the Young Warriors | Ilana Atkinson  
and many more...

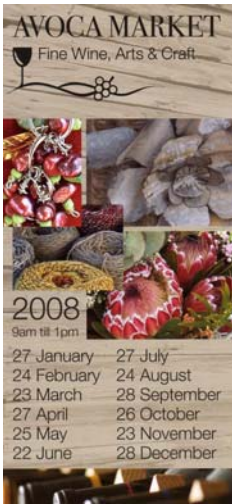
Food and Drink stalls - Jumping Castle for Kids

Entertainment for the Whole Family to enjoy!  
Open mike session, register on the day

P: 03 5361 4000 E: [info@brambukcouncil.vic.gov.au](mailto:info@brambukcouncil.vic.gov.au)

Chulkuuk Puup puup koleck Murtae kulae  
Respect - Family - Ancestors





Next market.....

March 23<sup>rd</sup>, 2008



# Natimuk

## Farmers' Market

Quarterly food and performance event

Sunday Mar 23<sup>rd</sup> Easter Weekend

Sunday June 8<sup>th</sup> Queen's Birthday

Sunday Sept 14<sup>th</sup> Gaining Momentum Festival

Sunday Dec 14<sup>th</sup>

9am to 1pm,

Opposite Natimuk Hotel

All stallholders grow, bake, produce or catch what they sell. No on-selling. Victorian Farmers Market Association member. No craft. Left Bank arts precinct will run each market day - Nati creek. Buy art directly from our artists!



BYO  
SHOPPING  
BAGS

Enquiries  
PH  
53871123/  
53449311



Next market.....

April 5<sup>th</sup>, 2008



### Halls Gap Art & Craft Market

This market is for local art and craft and cottage industries, all home grown or home made goods. Bar-beque and tea/coffee available. Wheelchair access.

**When:** Sunday 23 March 2008

**Where:** Halls Gap Primary School

**Time:** 9:00am - 2:00pm



### Moonambel Easter Arts Festival

The Moonambel Easter Art and Craft Festival

invites artists and visitors to participate in the festival over Easter Saturday and Sunday. Separate venues around Moonambel will focus on a different art form. Visitors will discover the talents of artists living in Moonambel and surrounding districts.

For details and further information to enter contact: Graeme Akers (Sec) 03 5467 3355

**When:** Saturday 22 & Sunday 23 March 2008

**Where:** Moonambel Precinct

**Email:** [shelteredpaddockvineyard@iinet.net.au](mailto:shelteredpaddockvineyard@iinet.net.au)





## Grampians Arts Trail

The Grampians Arts Trail show cases many of the talented artists in the Grampians region. Come and visit the artists creating masterpieces in their home studios.

The Grampians Arts Trail includes, hand-blown glass ware, photography, felting work and textile art, sculptures of stone and timber, woodturning, pencil, pastel, watercolour and oil paintings, pottery and ceramics. You can pause and listen to the musical entertainment provided at some venues look for the orange banners) between 11.30am and 2.00pm **Sunday only**.

**When:** Saturday 22 & Sunday 23  
March 2008

**Time:** 10.00am—4.00pm

**Where:** Various



A Grampians Arts Trail Brochure can be collected from the Stawell Town Hall, Stawell and Halls Gap tourist offices.



 **Stawell Regional Arts Inc.**  
proudly presents

**Akademisches  
Orchester der  
Universität Stuttgart**



**Visiting Australia**

Brisbane – Adelaide – Stawell – Melbourne – Sydney

Thursday, April 3, 2008 - Stawell Entertainment Centre  
Only \$10 (School Kids Free When accompanied by an adult)

Supported by



Northern Grampians Shire Council

**Tickets Stawell  
Library**

**Phone: 5358 1274**



## Quilt and Needlework Exhibition

Enjoy a collection of patchwork, quilting, embroidery and needle arts made by residents of the area. Ranging from traditional to contemporary.

**When:** 21, 22, & 23 March 2008

**Where:** University of Ballarat  
Stawell Campus, Sloane St

**Time:** 10.00am—5.00pm



## Warrak Seed Collecting Field Day

Seed collecting can be a great opportunity to spend time in the bush, learn about indigenous plants, while contributing to the local revegetation projects.

**When:** 17 March 2008

**Where:** Warrak Public Hall

**Time:** 10am—3.00pm

**Cost:** FREE—BYO Lunch

**Contact:** Simon Heyes

**Phone:** 0427 568 527

**Email:** [simon.heyes@dpi.vic.gov.au](mailto:simon.heyes@dpi.vic.gov.au)

It is important to us to receive feedback from you on this newsletter. Please email feedback, suggestions and items for inclusion in the next newsletter to Michele Corcoran [michele.c@gchc.org.au](mailto:michele.c@gchc.org.au) by **Wednesday 26th March**.

Don't forget to pass on this information on to others and stick it in your staff room!!

Postage  
Paid

60 High Street  
ARARAT VIC 3377

